



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01093, Milk, dry, nonfat, calcium reduced

Report Date: July 05, 2017 04:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	4.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	354	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1480	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	35.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	0.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	7.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	51.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<strong>Minerals</strong>													
Calcium, Ca	mg	280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Magnesium, Mg	mg	60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	1011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	680	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	2280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	4.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	27.3	9	2.950	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	6.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Thiamin	mg	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	1.642	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.665	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	3.312	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.298	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, DFE	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	3.98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Lipids</b>													
Fatty acids, total saturated	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.501	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	1.603	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	2.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Leucine	g	3.478	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.816	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.890	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.328	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.714	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.714	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	2.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	1.285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.963	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	1.224	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	2.693	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	7.434	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.751	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Proline	g	3.439	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.931	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1995